

## **MEN'S COOKOUT WITH SWAT TEAM PRESENTATION**

Join us for a delicious meal and some socialization on Thursday, July 25<sup>th</sup> at our first Men's Cookout for the season. Officer Scott Hodson of the Foxborough Police Department and member of the Metropolitan Law Enforcement Council SWAT Team will give a presentation including tactical maneuvers and equipment demonstration. Officer Hodson grew up in Foxborough, served as a U.S. Marine, and has been on the Foxborough Police Department since the 1990's. The men will be served at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for the cookout is \$3. To participate in the cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, July 23<sup>rd</sup>. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

### **Monday, July 8**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, July 9**

Stretch & Balance 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Ice Cream Days-Crescent Ridge 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 10**

Strength Training 8:30 a.m.

Video Lecture Series-Experiencing Hubble 12:30 p.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, July 11**

Ceramics 9:00 a.m.

Classic Movie "Yankee Doodle Dandee" 1:00 p.m.

### **Friday, July 12**

***\$6 Payment Due for Castle Island Trip***

***\$71 Payment Due for Plymouth Bay Trip***

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **COA VOLUNTEER OPPORTUNITIES**

### **COA TRIP COMMITTEE MEMBER**

Are you someone who enjoys travel? Do you like to surf the internet for information and the best deals out there? We have an opportunity for people to serve on our Trip Committee for the upcoming year. Positions begin in September 2013 and involve meeting with the committee as well as travel vendors to explore and research trips for our seniors. Remember that our computer lab here at the senior center is available for your use in looking up information. Please call us at 508-543-1252 if you are interested in this opportunity.

## **VAN-GO SHOPPING ESCORT**

We are looking for volunteers who are 18 years of age or older who would like to be an escort on our Van-Go shopping trips. Shopping trips occur on Monday afternoons, Wednesday afternoons, and Friday mornings. This volunteer opportunity would involve riding along on the Van-Go and carrying a couple of bags for the seniors. If you are interested in volunteering for this position, please call 508-543-1252.

## **SPECIAL EVENTS AND PROGRAMS**

### **LET'S TALK ABOUT... PROTECTING ELDERS FROM FRAUD AND EXPLOITATION**

The Eldercare Alliance presents "Let's Talk About...Protecting Elders from Fraud and Exploitation," sponsored by the Sharon Credit Union on Tuesday, July 30<sup>th</sup>, 2013, from 11:15 AM to 12:45 PM at the Sharon Adult Center, 219 Massapoag Ave., Sharon, MA. Financial exploitation of elders occurs when another individual gains access to and control over the elder's finances with fraudulent intent and causes that individual to suffer a substantial monetary or property loss. Our panel includes: James Carlson, President, Sharon Credit Union; Harlee Nason, Protective Services Supervisor, HESSCO Elder Services; and an Identity Theft Victim. Lunch will be served including an ice cream bar for dessert! This program is FREE and is presented in partnership with Sharon Credit Union, HESSCO, and the Sharon Adult Center. To reserve a seat, please RSVP to the Sharon Adult Center at 781-784-8000 by July 24<sup>th</sup>.

### **NEW GARDEN CLUB COMING!**

Attention all you gardeners...Marsha Lewicke has graciously offered to start a Garden Club at the senior center! We want to hear from you about the types of things you would like to "know and grow" here at the senior center as we will be developing a 'wish list' for our gardens. Give us a call at 508-543-1252 to tell us about your interest in the Garden Club.

### **SUMMER MUSIC WITH JACK CRAIG**

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on two Wednesdays in July and three Wednesdays in August at 11:00 a.m. The schedule is as follows:

July 17<sup>th</sup> – Broadway Blockbuster-Brigadoon

July 24<sup>th</sup> - Broadway Blockbuster-Oliver

August 14<sup>th</sup> - Great Songwriter-Hoagy Carmichael

August 21<sup>st</sup> – Great Songwriter-Sammy Cahn

August 28<sup>th</sup> –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, July 9<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, July 9<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

## **S.H.I.N.E.**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Thursday, July 18<sup>th</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **REGULARLY SCHEDULED** **BINGO!**

There will be **NO** Bingo in July. Our next Bingo afternoon will be on Tuesday, August 6<sup>th</sup> from 2:00 p.m. to 3:30 p.m. This event is sponsored by the Friends of Foxboro Seniors.

### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, July 23<sup>rd</sup> at 12:30 p.m. when our feature presentation will be "Quartet," a British comedy-drama directed by Dustin Hoffman. Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald Paget (Tom Courtenay), Wilfred Bond (Billy Connolly) and Cecily Robson (Pauline Collins) this sort of talk is par for the course at the gossipy home. But they're in for a special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton (Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert? Please call 508-543-1252 to sign-up.

### **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, July 11<sup>th</sup> at 1:00 p.m. and see "Yankee Doodle Dandy." James Cagney thrills in a rare (and limber) song-and-dance performance as composer-entertainer George M. Cohan. This nostalgic biography is told in flashbacks, covering Cohan's formative years becoming Broadway's brightest star and touching upon his loves, musicals, and artistic triumphs. Enjoy this utterly charming performance in what is practically a one-man show. If you've never seen Cagney as a hoofer, you're in for a treat: his dancing is as dynamic as anything else he's ever done on screen. Cagney received an Oscar for his rousing depiction of George M. Cohan, composer of the patriotic ditties "Over There", "Yankee Doodle Dandy", "Give My Regards to Broadway" and countless others, in this spirited Hollywood musical. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, July 24<sup>th</sup>, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Sliced Turkey on a Croissant, Cranberry Sauce, Pasta Salad, Beet Salad, and a Brownie to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

### **AQUATICS CLASSES**

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the

YMCA's policy. The next session is 4 weeks and runs from July 29<sup>th</sup> through August 25<sup>th</sup>. The payment will be \$20 and is due at sign-up. Call 508-543-1252 with any questions.

### **VIDEO LECTURE SERIES: "EXPERIENCING HUBBLE"**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Experiencing Hubble: Understanding the Greatest Images of the Universe" on Wednesdays at the senior center from July 10<sup>th</sup> through August 14<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Learn about how the Hubble Space Telescope has revolutionized our understanding of the universe, both near and far. Come and see the stunning images that have captivated and inspired students of all ages. Professor David M. Meyer is professor of Physics and Astronomy at Northwestern University, where he has taught for more than 20 years. He is also the director of the Dearborn Observatory and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics, where much of his work involves the Hubble Space Telescope. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

July 10 Wal-Mart

July 17 Dollar Tree/Ocean State Job Lot

July 24 Target

### **TRAVEL AND ENTERTAINMENT**

#### **CASTLE ISLAND AND FORT INDEPENDENCE TRIP**

Come along with the Foxboro seniors on Thursday, July 18<sup>th</sup> as they travel to Castle Island in Boston. Located at the end of Carson Beach, on Pleasure Bay in South Boston, Castle Island is a 22-acre recreation site, and the site of Fort Independence. Castle Island was really an island until several land reclamations through the years extended causeways and eventually roadways. Today it is operated as a state park by the Massachusetts Department of Conservation and Recreation. Castle Island is where the past, present and future of Boston collide. It is not just a destination it is a state of mind. Where else in Boston can you be surrounded by the ocean, go for a walk, and see one of the United States oldest military fortifications? Courtesy of the Castle Island Association, you will enjoy a tour of Fort Independence, the oldest continuously fortified site in British North America since 1634. This trip will involve a lot of walking with the tour of the fort, and you will have time to explore the sights around Castle Island on your own. Lunch will be on your own. You can grab a bite to eat at the famous Sullivan's Castle Island or pack a lunch to bring along. You will travel by school bus which will depart from St. Mary's Church at 9:00 a.m. and return at approximately 2:00 p.m. The cost for this outing is just \$6 per person. This trip will operate "Rain or Shine." Payment is non-refundable and will be due by Friday, July 12<sup>th</sup>. Checks should be made payable to "Town of Foxborough COA." Sign-up for this opportunity by calling the senior center at 508-543-1252.

#### **PLYMOUTH HARBOR CRUISE TRIP**

Join the Foxboro seniors on Thursday, August 15<sup>th</sup> on the 'Pilgrim Belle', an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac's will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef's choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, July 12<sup>th</sup>. Your motorcoach bus will depart from St. Mary's

Church parking lot at 10:15 a.m. on Thursday, August 15<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252.

**6MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, July 8**

Mexicali Chicken W/Vegetables  
Spanish Rice  
Multigrain Roll  
Vanilla Pudding

**Tuesday, July 9**

Beef & Cabbage Casserole  
Red Bliss Potatoes  
Snowflake Roll  
Pineapple

**Wednesday, July 10**

Grilled Chicken L'orange  
Au Gratin Potatoes  
Summer Blend Veggies  
Whole Wheat Bread  
Almond Cookie

**Thursday, July 11**

Beef Bordelaise W/Noodles  
Green Beans  
Wheat Bread  
Orange

**Friday, July 12**

Crunchy Lite Fish  
Tartar Sauce  
Parsley Whipped Potatoes  
Carrot Coins  
Whole Wheat Bread  
Mixed Fruit